

May Activities - Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

UrbanaSeniorCenter@FrederickCountyMD.gov

301-600-7020

www.FrederickCountyMD.gov/seniorservices

Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)



Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk *. Activities are subject to change.</p> <p>Lunch is served every day at Noon. See the menu for more information.</p> <p>Friday, May 3: Groceries for Seniors</p>		<p>1 Law Day *Advanced Directives Prepared Free by Appointment Only 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 12:15 *Yoga 1:00 *Artful Creations: Table Favors Mother's Day 1:00 Cards/Games</p>	<p>2 9:30 Strength Training 10:45 Daily Exercise 11:15 Safety Minute "Sun Exposure" 1:00 Cards & Games 1:15 *Line Dancing</p>
<p>6 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 *Advanced Tai Chi 12:45 *Yoga 1:00 Rummikub 1:15 Book Club: "The Last Coyote" by Mike Connelly</p>	<p>7 9:30 Daily Exercise 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 4:30 Center closed 5:00 *Supper Club: Mexicali Cantina</p>	<p>8 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 Chat with Joy: Medical Cannabis 12:15 *Yoga 1:00 Cards/Games</p>	<p>9 9:30 Strength Training 10:45 Daily Exercise 11:00 Blood Pressure Screening Noon *Mother's Day Lunch with Nurse Steve Reservations due May 1 1:00 Cards & Games 1:15 *Line Dancing</p>
<p>13 Health Education 101 "Glaucoma Education" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 *Advanced Tai Chi 12:45 *Yoga 1:00 Rummikub 1:00 Memory Writers</p>	<p>14 Health Education 101 "Glaucoma Education" 9:30 Daily Exercise 10:30 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 6:00 *Tasty Tuesday: The History of Chinese Tea</p>	<p>15 Health Education 101 "Glaucoma Education" 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 12:15 *Yoga 1:30 *Maryland Cooking</p>	<p>16 Health Education 101 "Glaucoma Education" 9:30 Strength Training 10:45 Daily Exercise 1:00 Cards & Games 1:00 *Movie Matinee: "Avalon" 1:15 *Line Dancing</p>
<p>20 Nutrition Minute "Seasoned Issue 4" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 No Advanced Tai Chi 12:45 *Yoga 1:00 Rummikub</p>	<p>21 Nutrition Minute "Seasoned Issue 4" 9:30 Daily Exercise 10:30 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper: Fried Chicken 6:00 *Inside Scoop: Lymphedema Management</p>	<p>22 Nutrition Minute "Seasoned Issue 4" 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 12:15 *Yoga 1:00 Cards/Games 1:00 Wii Bowling</p>	<p>23 Nutrition Minute "Seasoned Issue 4" 9:30 Strength Training 10:45 Daily Exercise Noon *Memorial Day Lunch Reservations due May 14 1:00 Cards & Games 1:15 *Line Dancing</p>
<p>27 Center is Closed</p> 	<p>28 9:30 Daily Exercise 10:30 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 4:30 Culturals Fest</p>	<p>29 No Transportation Bring your own lunch 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 12:15 *Yoga 1:00 Cards/Games 1:00 Wii Bowling</p>	<p>30 9:30 Strength Training 10:45 Daily Exercise 1:00 Cards & Games 1:15 *Line Dancing</p>

(see other side for program highlights)